

# Peace in the Middle East Soup and Salad

**Makes:** 4 Servings

"I think war causes too much suffering in the world. One problem I see is that people often focus on their differences, rather than things they have in common," says Pablo. "In the Middle East there have been wars going on for a long time because people often fail to get past their differences. I wanted to create a dish that takes parts of different cultures in the Middle East and shows how they can come together to make a delicious and healthy lunch. The lentil soup brings in many Middle Eastern flavors and is joined by a crunchy Israeli salad stuffed into a pita. My dish highlights things that different regions in the Middle East have in common, and shows that, in the end, everyone is more alike than different."

## Ingredients

For the Soup:

- 2 tablespoons** olive oil
- 2** large carrots, peeled and thinly sliced
- 1** large celery stalk, thinly sliced
- 1** onion, peeled and chopped
- 1/2 cup** dry lentils
- 3/4 teaspoon** cumin
- 1/4 teaspoon** coriander powder
- 1/2 teaspoon** paprika
- 1/4 teaspoon** salt
- 1/4 teaspoon** freshly ground black pepper
- 8 cups** low-sodium chicken broth (or vegetable broth)
- 4** large kale leaves, stemmed and chopped

For the Salad:

- 1/3** Vidalia onion, peeled and finely chopped
- 1** large cucumber, peeled and cut into 1/2-inch cubes or slices
- 1 pint** grape tomatoes, sliced in half
- 10** fresh mint leaves, finely chopped
- 1/2** lemon, juiced
- 2 tablespoons** olive oil
- 1/4 teaspoon** salt
- 1/4 teaspoon** freshly ground pepper



## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>451</b>
<b>Total Fat</b>	<b>18 g</b>
Saturated Fat	3 g
Cholesterol	N/A
<b>Sodium</b>	<b>665 mg</b>
<b>Total Carbohydrate</b>	<b>57 g</b>
Dietary Fiber	12 g
Total Sugars	10 g
Added Sugars included	N/A
<b>Protein</b>	<b>22 g</b>
Vitamin D	N/A
Calcium	97 mg

## Directions

1. **To make the Soup:** In a large stockpot, warm the olive oil over medium heat and add the carrots, celery, and onions. Cook for 7 minutes, or until the vegetables are softened and golden brown. Add in the remaining ingredients except for the kale, cover, reduce heat to low, and simmer for 25 minutes. Add the kale and continue to simmer for another 20 minutes, or until lentils are soft. Remove 3 cups of the soup and puree in a blender. Return pureed soup to the main pot and heat through.
2. **To make the Salad:** In a large salad bowl, combine all of the ingredients. Carefully open the pocket in the pita bread half and add a quarter of the salad inside. Add some yogurt in the soup or salad for extra flavor and serve pita and soup together.

The 2016 Healthy Lunchtime Challenge Cookbook